

DO NOT FEAR INFLUENZA!

Learn How to Avoid It, How to Care for Those Who Have It, What to Do if You Get It

If you feel a sudden chill, followed by muscular pain, headache, backache, unusual tiredness and fever, go to bed at once.

See that there is enough bed clothing to keep you warm and make you sweat.

See that you get plenty of fresh air.

Take medicine to open the bowels freely.

Take some nourishing food, such as milk, egg-and-milk or broth, every four hours.

Stay in bed until a physician tells you it is safe to get up.

Allow no one else to sleep in the same room.

Protect others by sneezing or coughing into handkerchiefs or cloths, which should be boiled or burned.

Insist that whoever gives you water or food or enters the sick room for any other purpose shall wear a gauze mask, which may be obtained at home of four or six folds of gauze and which should cover the nose and mouth and be tied behind the head.

Remember that these masks must be kept clean, must be put on outside the sick room, must not be handled after they are tied on and must be boiled thirty minutes and thoroughly dried every time they are taken off.

What to Do Until the Doctor Comes

To Householders:

Keep out of the sick room unless attendance is necessary.

Do not handle articles coming from the sick room until they are boiled.

Allow no visitors, and do not go visiting.

Call a doctor for all inmates who show signs of beginning sickness.

The usual symptoms are: Inflamed and watery eyes, discharging nose, backache, headache, muscular pain and fever.

Keep away from crowded places, such as movies and theaters.

See to it that your children are kept warm and dry, both night and day.

Have sufficient fire in your home to disperse the dampness.

Open your windows at night. If cool weather prevails, add extra bed clothing.

Walk to work if possible.

Avoid the person who coughs or sneezes.

Wash your hands before eating.

To Workers:

Make full use of all available sunshine.

Do not use a common towel. It spreads disease.

Should you cough or sneeze, cover nose and mouth with a handkerchief.

Keep out of crowded places. Walk in the open air rather than go to crowded places of amusement.

Sleep is necessary for well-being—get nine hours of it. Avoid overexertion. Eat good, clean food.

Keep away from houses where there are cases of influenza.

If sick, no matter how slightly, see a physician.

If you have had influenza, stay in bed until your doctor says you can safely get up.

Keep clean. Isolate your patients.

To Nurses:

When in attendance upon patients, wear a mask which will cover both the nose and the mouth. When the mask is once in place, do not handle it.

Change the mask every two hours. Owing to the scarcity of gauze, boil for half hour and rinse, then use the gauze again.

Wash your hands each time you come in contact with the patient. Use bichloride of mercury, 1-1000, or Liquor Cresol compound, 1-1000, for hand disinfection.

Obtain at least nine hours' sleep in each twenty-four hours. Eat plenty of good, clean food. Walk in the fresh air daily.

Sleep with your window open.

Insist that the patient cough, sneeze or expectorate into cloths that may be disinfected or burned.

Boil all dishes. Keep patients warm.

TO AUTOMOBILIST—Help the Cause by Furnishing Free Rides to and From Work to the Limit of Your Cars.